



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

van der Hoeff, Sander

Club: Marathonplus

Number: 137

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:38:28

Speed: 9.05 km/h

Running performance: 6:35 min/km

Rank in course/Total: 96 (of 114)

Rank in course/Men: 88 (of 100)

Best time in course: 2:50:01

Rank in category: 14(of 14)

Best time in the category: 3:04:16

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:27	5:40	13	4:17	83	6:27	3.25	18:27	5:40	14	4:17	38	0:20
Lap 2	3.25	18:37	5:43	13	4:38	81	5:55	6.50	37:04	5:42	14	8:49	38	0:05
Lap 3	3.25	18:55	5:49	13	5:02	82	6:16	9.75	55:59	5:44	14	13:51	38	0:07
Lap 4	3.25	24:01	7:23	14	9:57	99	11:24	13.00	1:20:00	6:09	14	23:48	38	4:43
Lap 5	3.25	19:59	6:08	14	6:26	88	7:18	16.25	1:39:59	6:09	14	30:14	38	5:39
Lap 6	3.25	19:00	5:50	11	5:20	69	6:05	19.50	1:58:59	6:06	14	35:34	38	5:13
Lap 7	3.25	20:42	6:22	12	6:46	88	7:41	22.75	2:19:41	6:08	14	42:20	38	6:43
Lap 8	3.25	20:35	6:19	12	6:48	79	7:20	26.00	2:40:16	6:09	14	49:08	38	8:48
Lap 9	3.25	21:00	6:27	12	6:56	73	7:36	29.25	3:01:16	6:11	14	56:04	38	10:40
Lap 10	3.25	22:06	6:48	12	7:29	77	8:33	32.50	3:23:22	6:15	14	1:03:33	38	12:55
Lap 11	3.25	24:49	7:38	13	10:43	88	11:17	35.75	3:48:11	6:22	14	1:14:16	38	17:47
Lap 12	3.25	24:50	7:38	12	9:44	84	10:53	39.00	4:13:01	6:29	14	1:24:00	38	22:05
Last lap Finish	3.25	25:27	7:49	13	10:38	89	11:42	42.25	4:38:28	6:35	14	1:34:12	88	1:48:27